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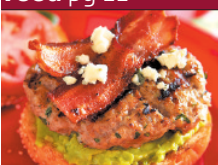
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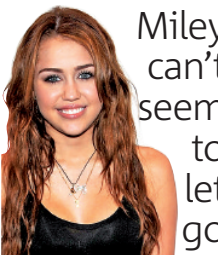
Robin Kuniski
 Calgary videographer's lighter side of city life at metronews.ca/reelmetro

Food pg 11



Options for your grill

Celebrity Buzz pg 14



Miley can't seem to let go

On the web
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Ottawa

Attack opposed



A young protester demonstrates as he marches to Parliament Hill in Ottawa yesterday to rally against Israel's attack on a flotilla of ships carrying aid and pro-Palestinian activists. **More coverage, pages 4 & 5.**

Beheader could be granted time outside

Supervised walks suggested for man in Greyhound bus slaying

Almost two years after he stabbed, beheaded and carved up a fellow passenger on a Greyhound bus, Vince Li may get the right to short, supervised walks around the grounds of the hospital where he is being held.

Li is responding well to treatment inside the locked wing of the Selkirk Mental Health Centre and should be allowed brief walks outside, Dr. Steven Kremer, Li's psychiatrist, told the Manitoba Review Board yesterday.

"I struggle to get through a day without crying over the details of my son's death."

Carol DeDelley, mother of Tim McLean

Li would be supervised by two people at all times on the unsecured grounds, and the walks would be no more than 15 minutes long at first, Kremer said. But the Crown and vic-

tim Tim McLean's family are opposed to the move.

"I struggle to get through a day without crying over the details of my son's death," McLean's mother Carol DeDelley wrote in a victim impact statement.

"I don't want to be here speaking to the review board. I feel I have to be."

McLean, a 22-year-old carnival worker, was heading home to Winnipeg from Edmonton when he was attacked.

Bruce Martin, the man

who drove the bus on the night of the attack and only recently returned to regular duties, told the board his only relief is knowing Li is "under lock and key."

The board is expected to make a decision by the end of the week.

Li was found not criminally responsible for the slaying due to untreated schizophrenia, and ordered to stay in the secure wing of the Selkirk centre, subject to annual reviews by the board.

THE CANADIAN PRESS

Learning to live on food bank hamper

DARREN KRAUSE
darren.krause@metronews.ca

HELP THE HUNGRY This week, my fiancée and I are walking in the footsteps of thousands of real Calgary families, dealing with the same challenge they face every day in our great city.

We'll be building our meals for one week on the wares contained in a Calgary Food Bank hamper provided to families like ours when times of need arise.

Called A Week in Their Kitchen, this initiative is done in conjunction with the kickoff to Husky Help the Hungry Week for the Calgary Food Bank — and I, other media colleagues and a handful of Calgarians have been asked to blog about the experience.

Amidst angst, trepidation and a selfish fear of appearing at the Calgary Food Bank in need of a hamper, I mustered the courage needed to go in and collect the food.

The challenge is simple in words, but so complex upon further reflection late last night: Feed your family on the food provided in a hamper from the food bank. Nothing else.

We'll find a way to do this, as so many Calgary families do.

Please take the time to read the blog at weekintheirkitchen.wordpress.com.

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Local



We be jammin'

Calgary International Reggae Festival has announced its lineup for this year's festival which runs from Aug. 19-21. Artists like Beres Hammond, left, and the Harmony House along with Explosion Band, Inner Circle and Lenya Wilks will be hitting the stage. For a full list of artists, visit www.reggaefest.ca.

METRO CALGARY

News in brief

SCHOOL Canada's first new law school in 30 years has been made possible through a unique partnering agreement between the University of Calgary and a Kamloops university. Thompson Rivers University will adopt U of C's law curriculum and enable the new law school to begin teaching its first class of about 60 students in the fall of 2011.

HUNGER Catelli pasta is hosting a virtual spaghetti dinner that will raise funds for charities like the Calgary Food Bank. On June 1, Hunger Awareness Day, proceeds from every box of select Catelli pasta purchased in Western Canada and Quebec will go towards a goal of serving 100,000 portions of pasta to local food banks. To sign up for the party, visit www.catellifeedthehope.ca

METRO CALGARY

Following news stories on Twitter... CalgaryTweets

@Acdngirl Am I the only one in #yyc not watching hockey? I'm into baseball season already.. huh.

@realDexDunford People; u have like 1.5km between Glenmore and Crowchild. No need to slam the brakes and stop everyone else to move 4 lanes right away #yyc

@mikesbloggity Can people just start announcing if they AREN'T running for mayor? It might be easier to keep track. #YYCvote #YYC

@LeftTurnTiger thank you #yyc for not raining today so i could get some work done... keep this up and i may stop littering.

Follow Metro on Twitter for news updates and more: [@metrocalgary](https://twitter.com/metrocalgary)

metronews.ca

What's online today.

Blogs Sexcetera's tips for those of us rejoining the dating scene this spring and Backbeat, below, braces himself for the demise of the traditional album by counting down the best

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Moving cops' unit would aid library: Ald.

CEO says \$53M renovation project in limbo awaiting decisions on new building

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Moving the downtown police arrest processing unit would help pave the way for crucially needed library renovations or even a new central library, a city alderman said.

Ward 14 Ald. Linda Fox-Mellway, who also sits on the library board, would

like to see the current arrest processing unit, located behind the Central Library, move to the Calgary Courts Centre to make room for renovations to the aging facility.

"I just think it Fox-Mellway would make sense since that's where they end up anyways and there is actually space for about 300 prisoners in the



courts building," Fox-Mellway said.

The price tag for a full library renovation has been slated at \$53 million, but the city has only earmarked \$40 million for the project.

Fox-Mellway said she had been communicating with the police about the idea and deputy chief Jim Hornby confirmed it was one option.

"We know we need a new holding facility as this one is over five decades old and doesn't meet the needs of the community anymore. We're looking to move," he said, adding they are working with the city and the province.

"We'd like it sooner than later but a lot of things have to fall into place. We're hoping for a

solution in the next year or so."

Library CEO Gerry Meek said the 50-year-old library is waiting in limbo on word of a new building and while they wait the renovations are piling up.

"We need to make a decision either way and soon," he said.

On Wednesday's committee meeting the state of the library will be discussed.

Transit joyriders caught on security film

KATIE TURNER
for Metro Calgary

INVESTIGATION Two men were caught on film joyriding in a Calgary Transit bus Sunday morning and now police are asking for help in identifying them.

Just before 6 a.m., a city bus driver left his bus idling at the 7200 block of 52nd Street SE as he went inside a restaurant to use the facilities. He came out to find that the bus was missing and immediately

called police.

"The two suspects, while driving the bus, were very wanton and reckless," said Staff Sgt. Kristie Verheul.

The bus was found abandoned and still running around 6:30 a.m. in the 0-100 block of Penworth Close SE.

The suspects were caught on video surveillance and police are using those images in their investigation.

"In this case the video surveillance that has been captured by Calgary Transit is an extremely good quality video," said Verheul.



Footage from Calgary Transit surveillance video of suspects.

Police have not made any arrests nor have they received any tips about the identity of the suspects.

Verheul said that this incident highlights the danger of leaving a vehicle running and said that po-

lice are working with Calgary Transit to ensure this doesn't happen again.

"As always we try to reinforce that it's not good to leave your vehicle: No. 1, with keys in it; or idling unlocked," she said. "It's a hazard for everybody and obviously Calgary Transit has the same issues."

Those with information can call police at 403-266-1234.

To view the transit security video, go to: metronews.ca/local



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Hawkesworth joins race for mayor's chair

KATIE TURNER
for Metro Calgary

ELECTION The race continues as a third alderman announced his candidacy for the position of Calgary's mayor yesterday.

Bob Hawkesworth, alderman of Ward 4, made the announcement to a large group of supporters in an energy-efficient home in Altadore.

He said the location for his announcement reflects his commitment to sustainability.

"As your mayor, I will continue to be absolutely committed to help our community leave a smaller ecological footprint."

Hawkesworth also highlighted the importance of involving all Calgarians in decision-making.

"The first thing our next mayor and council must do is build a stronger partnership with our community to address Calgary's changing economic circumstances," he said in his speech.

Hawkesworth was first elected to city council in 1980 and has represented Ward 4 ever since. He is the ninth candidate to enter the mayoral race.

Nutrition study seeks local pregnant women

KRISTA SYLVESTER
krista.sylvester@metronews.ca

HEALTH If you're a pregnant woman and want to be part of an exciting study then the University of Calgary and Alberta Health Services is looking for you.

The \$5-million Alberta Pregnancy Outcomes and Nutrition (APrON) study launched in Calgary and Edmonton last fall is still thousands short for the study and are looking for more expectant mothers to jump aboard, according to team leader Bonnie Kaplan.

"This study is really about the way nutrition can affect the mother, the baby and the child. We think it's a really exciting study and a lot of women are very interested," she said.

The study is looking for 5,000 women from each of Calgary and Edmonton and so far only 750



Dr. Bonnie Kaplan is looking for Calgary and Edmonton expectant mothers for a nutrition study.

women from both cities have joined.

"We're going to treat the women very well and we know this will be a great learning experience for them."

Recruiter Brenda Turley says APrON will examine how nutrients affect the mother while she is pregnant, the child when it's born and also the child when it turns three years

old.

Women less than 27 weeks pregnant are encouraged to join the five-year study. For more information visit www.apron-study.ca.

Authorities have identified the man on a no-fly list who prompted them to divert a flight to Montreal. The Immigration and Refugee Board says a deportation hearing will be held tomorrow for Abdirahman Ali Gaal. **THE CANADIAN PRESS**

Canada



Salty report set for July

Health Canada is set to release its long-awaited strategy to reduce sodium in Canadian diets in July. The report from the Sodium Working Group, convened in October 2007, will recommend structured voluntary guidelines for industry to reduce the amount of salt they put in processed foods. The goal is to reduce the average Canadian's consumption of salt from the current 3400 mg a day to 2300 mg a day by 2016.

TORSTAR NEWS SERVICE

News in brief

INQUIRY A damning report by a public inquiry into the dodgy dealings between Brian Mulroney and Karlheinz Schreiber concludes their financial relationship was "inappropriate." The inquiry said it's clear Mulroney did his best to hide the fact that a relationship existed.

SMOKING The Canadian Cancer Society says new teen smoking statistics show efforts to keep kids from smoking have stalled. The survey done for Health Canada shows the rate of kids in grades 6 to 9 who smoke has inched up a little.

THE CANADIAN PRESS

Halifax Star-spangled tribute



Chief Petty Officer Douglas Beauregard pays his respects to the nearly 200 American prisoners of the War of 1812 who died on Melville Island and are buried on nearby Deadman's Island in Halifax, during a Memorial Day ceremony yesterday.

Feds refuse to slam raid

Israeli PM cuts visit to Canada short

The Canadian government refused to join an international chorus of condemnation of a botched Israeli raid on a humanitarian aid flotilla outside territorial waters that left at least nine dead and many more injured.

Israeli Prime Minister Benjamin Netanyahu met Prime Minister Stephen Harper in Ottawa early yesterday before cutting short his two-day visit. "Canada deeply regrets this action, the loss of life and the injuries that have

occurred," Harper said. "Obviously we'll be looking in the days that follow to get all the information we can get to find out what has transpired here."

THE CANADIAN PRESS
MORE COVERAGE, PAGE 5



Canada tells G20 finance ministers to back off on bank tax talk.

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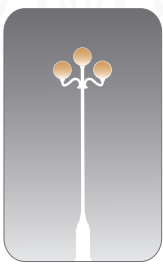
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Fergie tells Oprah Winfrey she was drinking

Sarah Ferguson says she had been drinking and was "not in my right place" when she was caught on video offering access to her former husband, Prince Andrew. **THE ASSOCIATED PRESS**

5

World

Israel takes heat over flotilla raid

Israeli naval commandos stormed a flotilla of ships carrying aid and hundreds of pro-Palestinian activists to the blockaded Gaza Strip yesterday, killing nine passengers in a botched raid that provoked international outrage and a diplomatic crisis.

Dozens of activists and six Israeli soldiers were wounded in the bloody pre-dawn confrontation in international waters. The violent takeover dealt yet another blow to Israel's international image, already tarnished by war crimes accusations in Gaza and its three-year-old blockade of the impoverished Palestinian territory.

Prime Minister Benjamin Netanyahu cancelled a much-anticipated meeting with U.S. President Barack Obama in Washington today in a sign of just how gravely Israel viewed the uproar. In Ottawa, Netanyahu announced he was rushing home but said he had called the American president and agreed to meet again.

The activists were headed to Gaza to draw attention to the blockade, which Israel and Egypt imposed after the militant Hamas group seized the territory of 1.5 million Palestinians in



An Egyptian protester shouts anti-Israeli slogans in front of a Palestinian flag during a rally in Cairo yesterday.

2007.

There were conflicting accounts of what happened early yesterday, with activists claiming the Israelis opened fire without provocation and Israel insisting its forces fired in self defence.

Speaking alongside Prime Minister Stephen Harper, Netanyahu expressed "regret" for the loss of life but said the soldiers had no choice. "Our soldiers had to defend themselves, defend their lives, or they would have been killed," he said.

Israel said it opened fire after its commandos were attacked by knives, clubs and live fire from two pistols wrested from soldiers after they rappelled from a

helicopter at about 4 a.m. to board one of the vessels.

Night-vision footage released by the military showed soldiers dropping from a helicopter one by one and being grabbed by a mob of men wielding sticks on the lead boat, the Turkish-flagged Mavi Marmara. The soldiers succumbed to the assailants and fell to the deck, where the men continued to beat them and dump one of them from the top deck.

Turkey withdrew its ambassador to Israel yesterday and the UN Security Council held an emergency meeting, with the Palestinians and Arab nations demanding condemnation and an independent investigation. **THE ASSOCIATED PRESS**

More than 140 killed by storm

CENTRAL AMERICA Flooding and landslides from the season's first tropical storm have killed at least 145 people and left thousands homeless in Guatemala, El Salvador and Honduras, officials said yesterday.

Dozens of people are still missing and emergency crews are struggling to reach isolated communities cut off by washed-out roads and collapsed bridges caused by Tropical Storm Agatha. The sun emerged yesterday in hardest-hit

Guatemala, where officials reported 118 dead and 53 missing. In Chimaltenango — a province west of Guatemala City — landslides buried dozens of rural Indian communities and killed at least 60 people, Gov. Erick de Leon said.

"The department has collapsed," de Leon said. "There are a lot of dead people. The roads are blocked. The shelters are

overflowing. We need water, food, clothes, blankets — but above all, money."

THE ASSOCIATED PRESS



Afghanistan cracks down on Christian aid groups for allegedly converting Muslims.

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News in brief

OIL Independent scientists and government officials say there's a disaster we can't see in the

Gulf of Mexico. Researchers said they have found at least two underwater plumes of

what appears to be oil, a threat that could ripple across the food chain. **THE ASSOCIATED PRESS**

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Mulroney hit hard, but not KO'd

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Brian Mulroney's reputation took a further blow yesterday with the release of the Oliphant Commission report. He was hoping for a slap on the wrist. Instead he got a whack across the jaw. But there was no knockout.

Everyone already knew the former prime minister had acted inappropriately in accepting cash pay-

ments from wheeler-dealer Karlheinz Schreiber. Mulroney has already admitted this and conceded it was a serious error of judgment.

But what we wanted to know and what we didn't find out is why the secret payments were made. Until that mystery is solved — and it likely never will be — this case is unsolved. The extent of Mulroney's transgression, his degree of culpability, cannot be answered.

Mulroney had testified that he took the cash to lobby international leaders for the sale of light-armoured vehicles on behalf of Schreiber's clients. But the Oliphant report drove holes through that theory as it did some of the other

Mulroney testimony on the case.

One of the most devastating parts of the report concerned Mulroney's statements regarding his relationship with Schreiber in 1996 legal proceedings on a related controversy. Justice Jeffrey Oliphant cast doubt on the integrity of the testimony, and added that Mul-

rony's later attempts to justify what he said were "patently absurd."

Justice Oliphant's findings on that testimony could be interpreted as an allegation of perjury. The report also found that Mulroney had violated his own government's code of ethics in his business dealings with

Schreiber.

What now? Yesterday's report will likely be the end of it. No major new revelations on the story are likely to be found. Journalists have been tracking it for two decades. The RCMP investigated the related Airbus matter for several years. And this commission took its turn and the questions remain.

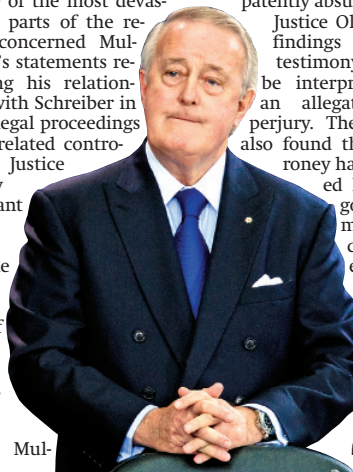
One of the strange things was that Mulroney himself encouraged Stephen Harper to call this probe. That's something a guilty man would not readily have done. He likely felt that, as was the case with the Airbus inquiry, he would be vindicated.

Yesterday's report was by no means vindication. But

after a few days of bad headlines, Mulroney will be able to finally move on. He may in fact be guilty of worse transgressions than have been revealed. But to a certain extent, justice has been done.

It's about reputation. Mulroney cares about reputation as much as anyone else, even more so. For years, his reputation has suffered on account of his Schreiber dealings, serving to diminish his accomplishments as prime minister. This shadow on his legacy is warranted. But the shadow is not the substance.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Brian
Mulroney

Worth mentioning

UN, groups pressure nations on climate cash

A new round of climate negotiations kicked off in Germany yesterday with squabbling over money and procedural questions that could threaten progress at the two-week UN conference.

UN climate chief Yvo de Boer and activists from groups including Oxfam, Greenpeace, and WWF pressured industrial nations to live up to their promises of financial aid to poor countries as about 4,500 participants from 182 countries gathered in Bonn.

Concrete financial contributions must "show that developed countries are ready to deliver what they promised five

months ago in Copenhagen," de Boer told reporters, referring to the disappointing climate summit in the Danish capital in December.

Industrial nations at Copenhagen pledged \$30 billion in aid from 2010-12 to help poorer nations start environmentally friendly development programs and adapt to the worst consequences of climate change.

However, de Boer and non-governmental organizations say developing na-

tions remain skeptical if the money will come through and if it is additional or simply relabelled funds already pledged for other purposes.

"The finance part has not been solved," Greenpeace expert Wendel Trio told The Associated Press.

Oxfam said it is becoming clear that rich nations want to hand out much of the money as loans instead of grants, thereby saddling developing nations with new debts for a problem largely caused by

industrial countries.

"It's like crashing your neighbour's car and then offering a loan to cover the damages," Oxfam's Antonio Hill said in a statement.

The European Union tried to dispel such doubts, stressing that the \$3 billion US per year it promised in Copenhagen have been confirmed by finance ministers, and about 70 per cent will be handed out as grants.

"This is fresh money in any case — we are not recycling money," Spanish climate change official Alicia Montalvo said on behalf of the EU presidency.

THE ASSOCIATED PRESS

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Woman blames Google Maps for car accident

A Utah woman is suing Google for over \$100,000, claiming its maps function gave her walking directions that led her onto a major highway, where she was struck by a car. **TORSTAR NEWS SERVICE**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The iPad killer?

Taiwan's AsusTek Computer Inc. unveiled yesterday a portable tablet computer that runs on Microsoft's Windows 7 operating system, joining a slew of manufacturers trying to tap demand for the sleek devices following Apple's launch of the iPad.

AsusTek is among several Taiwanese computer makers to display tablet PCs at the five-day Computex Show in Taipei that opens today.

AsusTek's touchscreen tablet, with the name of Eee Pad, comes in 10- and 12-inch sizes and is set to go on sale in the first quarter of 2011.

In addition to full Windows support, company chairman Jonney Shih said Eee Pad is equipped with a



Makers hope the AsusTek Eee Tablet computer will provide a challenge to Apple's iPad.

web camera and runs Flash by Adobe Systems which will allow users to view YouTube and other video programs on the Internet.

The 10-inch Eee Pad will sell for \$399 to \$449 US.

By contrast, Apple's

iPads cost \$499, \$599 or \$699 depending on the data storage capacity. But iPads use the HTML5 standard and its lack of Flash support has alienated some users.

THE ASSOCIATED PRESS

Business in brief

ECONOMY The Canadian economy was roaring in the first quarter, jumping ahead of even the rosy estimates of economists to post an oversized 6.1 per cent annualized advance during the first three months of 2010.

STRIKE VOTE Jazz Air flight at-

tendants have voted in favour of a strike to back negotiations for a new contract to improve their salaries and working conditions. They could strike, or be locked out, as early as June 16. **THE CANADIAN PRESS**



Can the EU survive as the debt crisis drives its member nations apart?

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Your Money

Dating on a dime this summer

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Summer is the best time to ramp up your social life. Why? Because the now accessible great outdoors allows you to date on a dime without feeling guilty about being a tightwad.

A ro-

mantic candlelight dinner with cocktails and wine in the city can easily set you back \$200. But the romance factor increases logarithmically when you set the table yourself under the stars. Cold roasted chicken, veggies and dip, a french bread stick and a bottle of wine tastes like it cost a million bucks with the constellations overhead.

Here are a few date-on-a-dime picnic tips:

- Scout your location

first. Not everyone's knees and rump are made for an evening on the ground. Many parks have picnic tables but also look for a covered case of rain. If you are pressed for time buy a grocery store roasted chicken and cut it up, the cost isn't much different than cooking a bird from scratch.

- Buy plastic plates and glasses rather than disposable and you can reuse them for years.
- Candles with lids will last through many dinners. Another option is a collapsible or telescoping camping lantern.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.



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Stephen Strasburg is finally ready. The Washington Nationals said after yesterday's 14-4 win over Houston that their prized pitching prospect will make his major league debut against Pittsburgh on June 8 at Nationals Park. **THE ASSOCIATED PRESS**

Sports



Adidas defends World Cup ball

Adidas has hit back at criticism that the World Cup ball is difficult to control and a nightmare for goalkeepers by saying it was widely tested and approved long ago. Company spokesman Thomas van Schaik said yesterday he was surprised to hear the criticisms, made by top goalkeepers such as Spain's Iker Casillas and Brazil's Julio Cesar, because the balls had been used for months without any complaints. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONews.ca

Sports in brief

BASEBALL Here's a chance to buy tickets to a guaranteed perfect game — the one Roy Halladay already threw. The Florida Marlins will begin selling today unused tickets to the game in which the Philadelphia Phillies ace pitched the 20th perfect game in major league history, a 1-0 victory over the Marlins on Saturday. All tickets will be regularly priced.

BASEBALL Among all the talented young pitching the Toronto Blue Jays have, no one has an arm as electric as Brandon Morrow. The 6-3 right-hander has the stuff to overpower and dominate, which is exactly

what he did last night in a 3-2 victory over the Tampa Bay Rays. Morrow took a no-hitter into the sixth, allowed just a run on three hits and two walks over seven innings, and generally cut up the struggling American League East leaders to open what is a crucial stretch for his team.

NBA Los Angeles Lakers centre Andrew Bynum's troublesome right knee has been drained of excess fluid. Bynum said yesterday he hopes the procedure will allow him to play closer to full strength in the NBA finals against the Boston Celtics.

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 3 Tampa Bay 2
L.A. Angels 7 Kansas City 1
N.Y. Yankees 11 Cleveland 2
Oakland 4 Detroit 1
Minnesota at Seattle

NFL

YESTERDAY'S RESULTS

Chicago 2 Philadelphia 1 (Chicago leads series 2-0)

YESTERDAY'S NL RESULTS

Atlanta 9 Philadelphia 3
Colorado 4 San Francisco 0

Hawks take command

(Chicago leads series 2-0)

Flyers 1 Blackhawks 2



Marian Hossa and Ben Eager scored 28 seconds apart late in the second period and Antti Niemi had 32 saves as the Chicago Blackhawks beat the Philadelphia Flyers 2-1 last night for a 2-0 lead in the Stanley Cup final.

After a wild scoring display when Chicago won the opener 6-5, Game 2 featured tightened-up defences with goalies Niemi and Michael Leighton of the Flyers stepping up.

Then the Blackhawks struck quickly, not once but twice, to send the United Center into a frenzy. Chicago has won seven straight playoff games and 10 of 11 to move within two victories of its first Stanley Cup since 1961.

The Flyers, who are in the final because of their ability to come from behind as they did in erasing a 3-0 deficit against Boston, got right back in the game when Simon Gagne scored as a power play was about to elapse at 5:20 of the final period.

But Niemi fought off a late flurry — 14 of his saves came in the final period when Philadelphia had a 15-4 shots advantage.

"Antti's been great all year and all playoffs and he really held us in there at the end," said Eager. "They had some opportunities but Antti was there to shut them down."



Philadelphia Flyer Daniel Carcillo butts heads with Chicago Blackhawk Tomas Kopecky as they confront each other last night.

Games 3 and 4 will be played in Philadelphia on Wednesday and Friday.

"They're playing well at home," said Blackhawks coach Joel Quenneville. "I think we have to go back to what made us so effective on road trips in the Vancouver and San Jose series and look to check our way into a very competitive type of team."

Patrick Sharp fired a shot from the left circle, and after Leighton stopped it and with Chicago's Troy Brouwer battling for the puck, Hossa poked it in from the left side of the net with 2:51 left in the second. Hossa, in his third

straight Stanley Cup final with a different team, got his third goal of the playoffs and first since May 5 against Vancouver in the conference semifinals.

Just 28 seconds later with the crowd still abuzz, Dustin Byfuglien made a steal and passed the puck to fourth-line forward Eager. Eager skated to the right circle and unleashed a shot that beat Leighton high on the glove side to make it 2-0.

The Flyers then broke through with one second left on a power play when Gagne scored from the left circle.

THE ASSOCIATED PRESS

Stampeders receiver Ralph announces retirement

CFL Calgary Stampeders receiver Brett Ralph is retiring from professional football after six years in the CFL.

The 28-year-old from Raymond, Alta., spent his entire career with the Stampeders. He scored a 20-yard touchdown in Calgary's Grey Cup win over Montreal in 2008.

"I did a semester of school this off-season and as the semester came to a close, I began to look at my future past pro football," Ralph said in a statement yesterday. "It forced me to make a tough decision and I decided it was time to move on to my life after football."

The five-foot-10, 184-pound Ralph did not miss a game during his career with 90 regular-season appearances and seven playoff games. He compiled 175 catches for 2,507 yards and 12 touchdowns.

"It's unfortunate to lose a player who has shown great character and commitment to the team, but we have a lot of competition at the receiver position and someone now has a chance to step up at camp," Stampeders coach and GM John Hufnagel said.

Calgary chose Ralph in the sixth round (45th overall) of the 2005 draft.

THE CANADIAN PRESS

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Australian Stosur pulls off upset over Henin

TENNIS Needing one point for an upset win over Justine Henin at the French Open, Sam Stosur wavered, hitting a double-fault.

The Australian took a deep breath and tried again. This time she launched a confident serve into the corner, setting her up for an overhead slam to seal the biggest victory of her career.

Stosur sidelined Henin 2-6, 6-1, 6-4 in the fourth round yesterday, ending the four-time French Open champion's streak of 24

consecutive victories at Roland Garros. Stosur's opponent will be top-ranked Serena Williams, who beat Shahar Peer 6-2, 6-2.

"Obviously beating Justine is going to give me lot and lots of confidence," said Stosur, seeded No. 7. "It's a great achievement for me, but it's not over yet. I'm just in the quarters and going to play the No. 1 player in the world next."

Another four-time champion, Rafael Nadal, advanced by beating No. 24

seeded Thomaz Bellucci 6-2, 7-5, 6-4. Nadal, who lost in the fourth round in 2009, has yet to drop a set this year and will next play fellow Spaniard Nicolas Pietrangeli, seeded 19th.

No. 3-seeded Novak Djokovic eliminated the last American in the men's draw, beating Robby Ginepri 6-4, 2-6, 6-1, 6-2.

No. 4 Jelena Jankovic and unseeded Yaroslava Shvedova won in straight sets and will meet in the quarter-finals.

THE ASSOCIATED PRESS

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Health & Beauty

Health in brief

EXIT AROMAS A Ukrainian perfume company claims to have invented a jelly bean capable of producing perfumed farts. After being eaten, they candies produce what the company

call "exit aromas" — which are said to be as effective as air fresheners. It's not known when the candy will be available in Canada.

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Tabata brings the intensity

CELIA MILNE
for Metro Canada

No pain, no gain. That's the basic premise of a new exercise method lunging its way into the mainstream. Tabata is a type of high-intensity interval training that only takes four minutes. It's tough, but after it's over, your body continues to burn calories.

"I'm excited about it. It helps melt the butter," says Jane Clapp, head trainer and founder of Urbanfitt, who brought Tabata to her fitness studio in January.

Tabata and other interval training methods are rendering steady state cardio workouts — such as going for a long, slow run — passé.

"You see people on the elliptical machine for 30 minutes reading a magazine. That drives me crazy," says Clapp. "If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body. You also won't



The first two moves for the Tabata squat.



get the post-workout calorie burn."

The Tabata Protocol is named after Dr. Izumi Tabata, a former researcher at Japan's National Institute of Fitness and Sports in Kanoya. It was first used to train Japanese Olympic speed skaters. The idea is to do an exercise all-out for 20 seconds, then rest for 10 seconds, and repeat this

process over and over again for four minutes.

The exercises can be almost anything that uses the whole body — think of old-school calisthenics — burpees, mountain climbers, jumping jacks, hop lunges, push-ups, squats, even skipping.

"You are forcing the body to adapt again and again, versus using the treadmill

for 30 minutes where there is only one adaptation phase," explains Clapp. You're also recruiting large muscle fibres that otherwise sit idle, and making them work hard.

The results? You burn a lot of fat and sugar, and feel pumped afterwards.

"It helps people get their mojo back," says Clapp. "You get blissed-out after — there's a huge endorphin rush."

A study in the *Journal of Physiology* found that one and a half hours of high-intensity interval training per week was just as beneficial as four and a half hours a week of traditional, steady-state exercise.

A typical class at Urbanfitt might be four minutes of Tabata, some resistance training, another Tabata set, more resistance training, a third Tabata set and then a third set of resistance training. Many of Clapp's clients are working moms who have little time and lots of weight to lose. They love Tabata's efficiency. "I like that it stokes the furnace in people," she says.

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How to be the best single person you can

The J Spot

Josey Vogels

metronews.ca/thejspot

There are a gazillion books aimed at helping couples get their relationship in shape. And, it seems there's a gazillion more to help single people meet someone to have a relationship with (so they can

then eventually buy the first gazillion books when said relationship eventually goes to pot).

But it seems to me there are very few books focused on how to be the best single person you can be. Which is too bad, because we all know that the only way to find a relationship is to be the best you can be when you're in your best shape as a single person.

And when I say "in shape," I'm not talking endless squats and a high-fibre diet (though getting in physical shape and feeling healthy does help you feel

good about yourself). I mean getting in shape emotionally and mentally.

This can be tough in a society that acknowledges every stage of coupledom — anniversaries, moving in together, marriages, kids — but rarely celebrates the joys or marks the milestones of single life.

A study that came out a few years back said that, today, most typical urban-dwellers cohabited an average of nearly four years and were married about 18. The rest of the time — an average of about 19 years — they were dating or alone, with no steady companion.

Given we spend as much of our lives being single as we do partnered, surely being single deserves a little more respect. So, while it's hardly a match for all the advice out there on how to get your relationship in shape, here's my advice for getting your single life in shape:

• Enjoy a Saturday night at home alone with a movie and a glass of wine without feeling like a loser.

• Host Christmas in your own place with your own friends.

• Relish the fact that you get the whole bed to yourself.

• Enjoy a solo candlelit dinner at home.

• Treat yourself to dinner at a fancy restaurant.

• Travel on your own. You always meet more people this way.

• Enjoy the fact that you can make plans without having to consult anyone but yourself.

• Remind yourself that you get to be the "cool" aunt to your nieces and nephews without having to foot their college tuition.

• Stay out all night without having to check in.

• Realize that you're just as imperfect at being single as most people are at being in relationships.

• Know that you're happier on your own than in a mediocre relationship.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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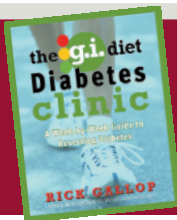
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11

Food



A guide for Type 2 diabetes

With the number of cases of Type 2 diabetes increasing at an alarming rate in Canada and North America, it's crucial to control weight and blood sugar levels to deal with the disease, says Rick Gallop, author of a new cookbook on the subject. His newest book, *The G.I. Diabetes Clinic* (Random House of Canada, \$24.95 paper), addresses the dietary requirements of those battling Type 2 and pre-diabetes. It is based on a 13-week online e-clinic he conducted with volunteers. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Great for the grill

Barbecue is about more than just burgers and hot dogs

Hot sun, cool drinks and something cooking on the grill: It doesn't get much better than that.

But grills are about a lot more than just burgers and steaks. To truly take advantage of warm weather, make sure you also give your starters the barbecue treatment.

Start with succulent grilled eggplant. This recipe calls for the eggplant to be sliced, grilled and rolled up around a generous amount of feta cheese and tomato. Note that eggplant soaks up oil like a sponge, so if you're watching your calories, go easy on the oil when you're brushing it on.

Beef isn't the only kind of burger around. Channel the classic flavours of a cobb salad with this cobb style chicken with avocado spread topped with crispy bacon and flavourful roquefort cheese. If you aren't sure if your avocados are ripe, try prying the stem gently. If it pops off easily and you can see green beneath, it's ripe!

-MEGAN MCCHESEY

Grilled Eggplant

SERVES 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

RECIPE DEVELOPER: KIRSTEN ERNST, VANCOUVER, B.C.

INGREDIENTS:

- 1 large eggplant
- 1 cup feta cheese
- Juice of 1/2 - 1 lemon (to



Cobb Style Chicken with Avocado Spread boasts the classic flavours of a cobb salad.

taste)

- 1 tomato, seeded, and diced
- 1/2 or 1 small red chili, seeded, and finely sliced (to taste)
- 1/2 cup mint, chopped (reserve small amount to sprinkle on top for garnish)
- Olive oil
- Salt and ground black pepper to taste

METHOD:

1. Preheat barbecue. Slice eggplant, lengthwise, about 1/4-inch thick. Rub olive oil on each piece, both sides. Grill slices on barbecue, marking with crisscrosses, until just tender. Place slices on baking sheet lined with parch-

ment paper. Sprinkle lightly with salt and pepper. Let cool. In bowl, combine crumbled feta cheese with lemon juice to taste, tomatoes, mint, salt and pepper to taste.

2. On each slice of eggplant, put approx. 1/4 cup of feta mixture, and roll up. Put all rolled slices in a row on platter. 3. Sprinkle top with reserved chopped mint.

Cobb Style Chicken with Avocado Spread

SERVES 4

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: PAULA

BOWMAN

INGREDIENTS:

- 8 slices bacon
- 1 1/2 lb ground chicken
- 1/4 cup finely diced onion
- 1/4 cup coarsely chopped watercress leaves, plus extra sprigs for garnish
- 2 Tbsp crumbled roquefort cheese, plus more for garnish, if desired
- 1 Tbsp dijon mustard
- 1 tsp kosher salt, plus more for avocado mixture
- 1 tsp worcestershire sauce
- 1 avocado, peeled and pit removed
- 1 Tbsp lemon juice
- 1/4 tsp minced garlic
- 2 Tbsp olive oil, plus more for grilling
- 4 hamburger buns
- 1 tomato, cut into 4 slices



Try Grilled Eggplant on the barbecue for an appetizer.

METHOD:

1. Preheat a grill to high.
2. In a non-stick skillet, set over high heat, cook bacon until crispy. Drain on paper towels and set aside.
3. Meanwhile, in a large bowl, combine chicken, onion, watercress leaves, cheese, mustard, salt and Worcestershire and mix gently. With lightly oiled or wet hands, form mixture into 4 (6oz) burgers, about 3/4-inch thick, and set aside.
4. In the small bowl of a food processor, combine avocado, lemon juice and garlic and process until smooth. With the motor running, add oil and process until combined; season to taste with salt and pepper and set aside.

5. Lightly brush both sides of burgers with olive oil and place burgers on hot grill. Cook, flipping once until cooked through, about 4 to 5 minutes per side. Place buns on grill and lightly toast on both sides, about 1 minute and set aside.

6. To assemble burgers, divide avocado mixture among bottom half of each bun and spread evenly. Top with chicken burgers followed by bacon, tomato, watercress sprigs, Roquefort if desired, and cover with remaining buns.



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The colour of the room you're in can dictate your mood and appetite. Warm colours increase appetite so avoid painting your kitchen red, orange or yellow. On the other hand, cool colours, such as blues and violets, can decrease ones appetite. **METRO NEWS SERVICES**

Fancy no-bake cake

If you're hosting a bridal shower, a graduation or engagement party this spring and summer, you'll want the food to be served to be super special.

And although many hosts will rely on a caterer to provide the goodies, here is a magnificent dessert to make and serve.

Strawberry Margarita Cake

The cake looks impressive and there is no baking involved. If you can locate the harder-to-find large-size dessert shell, use it.

MAKES 10 SERVINGS

INGREDIENTS:

- 15 ml (1 Tbsp) unflavoured gelatin (7 g envelope)
- 1 can (250 ml) frozen concentrated margarita mixer, thawed and undiluted
- 500 ml (2 cups) sliced locally grown strawberries
- 1 pkg of 6 cake dessert shells (142 g/5 oz)

- 30 to 45 ml (2 to 3 tbsp) orange-flavoured liqueur, rum, tequila or orange juice
- 250 ml (1 cup) whipping cream
- 45 ml (3 tbsp) granulated sugar
- 5 ml (1 tsp) vanilla

Topping

- 500 ml (2 cups) sliced strawberries

METHOD:

In a very small saucepan, sprinkle gelatin over 50 ml (1/4 cup) cold water; let stand for 2 minutes. Heat over low heat, stirring constantly, until dissolved, about 1 minute. Let cool.

Meanwhile, puree undiluted margarita mixer with strawberries until smooth. Pour into a large bowl. Stir in gelatin mixture. Refrigerate, stirring occasionally, until starting to thicken. Start checking at 30 minutes; it should not be so thick that you can't fold in whipped cream.



Strawberry Margarita Cake.

Trim rim from shells to make flat cakes, reserving rims. Place shells in 20- to 23-cm (8- to 9-inch) spring-form pan, filling holes with rim bits. Press to make even layer. Brush with orange liqueur.

In a bowl, whip cream with sugar and vanilla until peaks form when beaters are lifted. Stir one-third into thickened strawberry mixture. Fold in remaining

whipped cream. Pour onto cake; tap pan on counter to remove any air bubbles. Refrigerate for at least 4 hours but preferably overnight.

Serve cake topped with berries. (Recipe source: Foodland Ontario).

Nutritional information per piece: 210 calories, 2 g protein, 10 g fat, 27 g carbohydrates, 1.5 g fibre.

THE CANADIAN PRESS

Vino to go with your grill

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Though the cave-men developed lots of useful things (the wheel, fire, the pointed stick), it's possible their most important offering to modern man was the invention of the first barbecue. Okay, so while what I call barbecue was more like survival to them, their original appreciation of a nicely grilled slab of beef still resonates all the way up to my back deck.

When picking a wine match, keep things balanced, fruit forward and not too expensive. There's no reason to spend a bundle on a bottle of vino — especially if you're into wild and expressive sauce and marinades. (Both of

which can wreak havoc on a liquid partner).

In South America, where they grill breakfast, lunch and dinner, Argentina is the barbecue champ. True as that may be, I think there's a convincing case for Chilean reds.

The **Carmen 2007 Cabernet Sauvignon** (\$10.95 - \$13.99) takes the classic grill grape and massages it into a rich, black berry-infused charmer; while the **Concha y Toro 2007 Casillero del Diablo Shiraz** (\$11.95 - \$13.99) puts a slight Aussie spin on shiraz by injecting a touch of spice into its ripe and rounded flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Real Ice Cream, Real Taste



"Life would be easier if we made cans of peas!" laughs Penny Chapman. Penny is President and co-owner of Chapman's Ice Cream, with her husband, David. Every day she samples ice cream produced at their Markdale, Ontario manufacturing plant. And every day

she reads emails and takes phone calls from customers across Canada, ensuring the ice cream tastes as good to them as it does to her.

Customer feedback means everything to Chapman's. When the company was founded, nearly 40 years ago, people didn't expect to see local brands of ice cream for sale. Penny and David made their mark by showing consumers what buying local could really mean. "We brought out 22 flavours when most companies had four," Penny remembers. "We made ice cream that a family could afford. We listened to consumers, and so we grew and grew."

Chapman's tapped into a burgeoning movement—a new desire among Canadians for dairy products made from

100% Canadian milk, renowned for its high quality, purity and great taste. "Consumers want honesty," Penny says. "They want to know what they're buying, and if given the opportunity to do so, they'll usually buy Canadian. But not everyone knows what to look for. A company importing ingredients from other countries won't

advertise it. A company making products from vegetable oil instead of butter fat won't want consumers to notice. Chapman's uses entirely Canadian dairy products to make our ice cream, and that's why our packaging has the 100% Canadian Milk symbol clearly displayed."



For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

For Penny and David Chapman, that symbol means their customers get what they pay for. And they're paying for more than a food product. "Ice cream makes memories," says Penny. "You buy it for birthday parties, anniversaries—even in tough times, it's a treat you can afford. We're proud to bring such fun into peoples' lives. You can't do that with a can of peas."



Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

Taylor opposes Campbell testimony

Defence lawyers for former Liberian President Charles Taylor are opposing a request by prosecutors at his war crimes trial to call Naomi Campbell as a witness, branding the move "a publicity stunt." Prosecutors claim Taylor gave the supermodel blood diamonds in 1997. **THE ASSOCIATED PRESS**

13

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

DVD picks



Alice In Wonderland

Director: Tim Burton

THE CURIOSER AND curi-
ouser thing about Tim
Burton's *Alice in Wonder-
land* is how he actually
manages to find new
wonderment in this oft-
told tale.

Burton assigns order
and drama to Lewis Car-
roll's 1865 dream fantasy,
which suffers from lack
of momentum in its tradi-
tional telling.

The narrative now has
a real arc, complete with
prologue and epilogue,
that gives meaning to Al-
ice's adventures and also
gives her a greater hand
in her own destiny.

Newcomer Mia
Wasikowska, who resem-
bles a young Mia Farrow
or Gwyneth Paltrow, nim-
bly enlivens the role of Al-
ice, balancing innocence
with bravery and intelli-
gence. The Mad Hatter
plays a much larger role
in Burton's production,
which is to be expected
since he's assigned to
Johnny Depp, Burton's
grandest muse. Depp's
Hatter is more of a cata-
lyst to action, and a com-
menter upon it, than he
is a major definer of it —
which is not to say that
Depp doesn't bring some
genuine kooky charm to
the role.

Some may quibble at
the liberties taken, in-
cluding a terrifying sub-
plot about a dragon that
needs slaying, expanded
from Carroll's whimsy
poem *Jabberwocky*. But a
straight retelling of the
original would be to
much of a muchness.

This new *Alice in Won-
derland*, is, in a word,
fabulous. That's a Carrol-
lian term Wikipedia de-
fines as "possibly a blend
of fair, fabulous and joy-
ous." I couldn't have mut-
tered a better utterance.

Peter Howell/for Metro Canada

Say goodbye to the old Much

TheAudioFiles

Bryan
Borzykowski

metronews.ca/music

Like millions of
Canadians who
grew up in the '80s
and '90s, I learned a
lot about this coun-
try's diverse music scene by
watching MuchMusic.

I still remember the first
time I saw Our Lady Peace's
Naveed, and the moment I
discovered Sloan through
the hilarious wedding-
themed video for Every-
thing You've Done Wrong.
It was an important chan-
nel growing up and, again,
like a lot of Canucks, I've
been saddened by its move

away from music videos to
vapid reality TV programs,
like *A Shot At Love* with
Tila Tequila.

But despite MuchMusic's
love of American program-
ming, the network — cur-
rently owned by CTVglobe-
media — continues to help
fund Canadian-made music
videos via MuchFACT (pre-
viously VideoFACT). That
could soon change. CTV
has asked the CRTC to re-
duce its financial commit-
ment to MuchFACT from
seven per cent of its reve-
nue to 3.5 per cent.

Some people will see this
as yet another sign that
MuchMusic does not want
to play videos. Let them
strip the station of every
single music video if that's
what they want. Because it
has dutifully promoted
Canadian culture for three
decades, it's easy to forget

MuchMusic is not the CBC.
It's purpose is to make
money and the reality is
that if MuchMusic devoted
as much time to playing
music videos today as it did
15 years ago, it could be in
trouble.

Nowadays, more and
more people are discover-
ing music videos online.
While I have fond memo-
ries of the station, its origi-
nal purpose is being ren-
dered irrelevant. (If you re-
ally like watching videos
on TV, tune into AUX TV.)

What concerns me most
about CTV's CRTC applica-
tion is that artists will po-
tentially have fewer oppor-
tunities to get videos fund-
ed. Beverly McKee, Much-
FACT's executive director,
admits that if the cut hap-
pens, and her organization
doesn't make any adjust-
ments, there will be less



Hobbit on hold

Director Guillermo del Toro says pro-
duction delays have forced him to
quit the planned film version of J.R.R.
Tolkien's *The Hobbit*. He was slated to
direct a two-part prequel to the *Lord
of the Rings*. **THE ASSOCIATED PRESS**



Tila Tequila

money to go around. How-
ever, because MuchFACT's
funding is based on a per-
centage of the station's re-
venues, if the station makes
more money because of the
programming change,
MuchFACT could benefit.

There are still other
places musicians can get
money. FACTOR, for in-
stance, is a government-
funded organization that
helps artists pay for demos,
albums and touring, and of-
fers artists up to \$20,000 to
make music videos. Other
local and regional bodies
provide marketing or
video-specific funding.

Whatever happens, mu-
sic videos will be around
forever; bands will find
ways to make them. Rely-
ing on a television station
to help Canadian artists —
and fans learn about new
music — is becoming a
thing of the past.

And that's fine with me. I
said goodbye to MuchMusic
a long time ago.

Bryan Borzykowski is a business and
entertainment writer. Follow Metro Music
on Twitter @TheMetroMusic

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/1/10	267 351 - ACCESS	Alberta Primetime (Live)	Raising the Bar (N)	The Transporter ** (2002, Action) Jason Statham.	Flashpoint (DVS)	Criminal Minds (HDTV)	Primitime			
	243 317 3 CFCN	etalk	Access H.	Law & Order: SVU	Omni News: Cantonese Edition	TwoHalf Men	Metropia			
	- - 4 OMNI	King	The Simpsons	Omni News: S. Asian Edition	Entertainment	The Insider (N)	20/20 (N)			
	- 371 5 KXLY	4 News at 6	4 News at 6:30	CBC News	TBA	CBC News: The National	The Hour			
	245 306 6 CBRT	22 Minutes	Laughs	ET Canada	Entertainment	The Good Wife "Pilot"	NCIS "Jet Lag" (HDTV)	Glee "Funk" (HDTV) (N)	News Hour	
	244 - 8 CKAL	Enthusiasm	Curb-Enthsm	Hell's Kitchen (N)	America's Got Talent Auditions begin in Los Angeles. (N)	EP Daily				
	119 705 9 CBXFT	Squelettes	Tout	Beautés désempées (SC)	Bons baisers de France (SC)	Le Téléjournal Nouvelles. (SC)	TJ Alberta			
	- - 10 SHAW	(6) Local Programming				Local Programming				
	- 372 12 KREM	News	Access H.	The Doctors	NCIS "Jet Lag" (HDTV)	NCIS: Los Angeles	The Good Wife			
	- 374 14 KSPS	PBS NewsHour (N)	Nova (HDTV) (DVS)	Survival	Ribbon, Sand	Independent Lens (N)				
news	502 390 15 CBC	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	fifth estate			
	- 370 16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	America's Got Talent Auditions begin in Los Angeles. (N)	Losing It-Jillian			
	- 373 22 KAYU	The Office	Raymond	TwoHalf Men	TwoHalf Men	Hell's Kitchen (N)	News			
	297 652 37 WPIX	Life Unexpected "Pilot"	PIX News at Ten (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Friends	According-Jim	Family Guy	
	500 500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Off the Record	Countdown to	Sportsnet Connected	MMA Conn	
	508 502 31 CNN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight	Off the Record	Countdown to	Sportsnet Connected	MMA Conn	Score Now	
	400 400 21 TSN	North American Poker Tour	Sportsnet Connected	Hockey Central	Score Now	Destination Truth	Monster Jam (HDTV)	Operate-Repo	Operate-Repo	Ghost Hunters
	408 418 27 net	MLB Baseball	Score Now	Score Now	Destination Truth	Monster Jam (HDTV)	Operate-Repo	Operate-Repo	Operate-Repo	Race in 60
	410 403 30SCORE	Lacrosse	European Poker	Tour	Score Now	Destination Truth	Monster Jam (HDTV)	Operate-Repo	Operate-Repo	Race in 60
	411 457 44 OLN	Operate-Repo	Operate-Repo	UFO Hunters	Destination Truth	Monster Jam (HDTV)	Operate-Repo	Operate-Repo	Operate-Repo	Race in 60
sports	417 522 48 SPEED	Bullrun (HDTV)	Race in 60 (HDTV) (N)	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	552 543 20 YTV	iCarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	557 541 39 FAM	Han, Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	555 545 67 TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Meet-Dr. Wilsons	Meet-Dr. Wilsons	Futurama	King of the Hill	American Dad
	575 583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!
	553 546 17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	EarthWatch Two				
	505 398 19 TWN	(5) EarthWatch One	House-Sell	House-Sell	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury
	602 568 23 W	Happy Family	Happy Family	The Little Couple (N)	Chiefs vs. City	Criminal Minds "Legacy"	CSI: Miami (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	Criminal Minds
	521 560 24 TLC	Happy Family	Happy Family	The Little Couple (N)	Chiefs vs. City	Criminal Minds "Legacy"	CSI: Miami (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	Criminal Minds
	521 561 25 FOOD	Chef Abroad	Chef Abroad	Spectacle: Elvis	Seinfeld	Seinfeld	Comer Gas	Name Is Earl		
family	615 520 26 A&E	Criminal Minds (HDTV)	Criminal Minds "Legacy"	Spectacle: Elvis	Seinfeld	Seinfeld	Comer Gas	Name Is Earl		
	617 522 32 SHOW	Trailer Park	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	CSI: Miami (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	Criminal Minds
	601 562 33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	CSI: Miami (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	Criminal Minds
	- 633 34 ENC2	Air Knob	(7:20) Believe ** (2000, Horror)	Deadliest Catch (N)	Spectacle: Elvis	Seinfeld	Comer Gas	Name Is Earl		
	520 505 35 DISC	Destroyed	Destroyed	Deadliest Catch (N)	Spectacle: Elvis	Seinfeld	Comer Gas	Name Is Earl		
	620 523 36BRAVO	Rod Stewart Live	Seinfeld	Seinfeld	Comer Gas	Name Is Earl				
	294 650 40 WPCB	MLB Baseball	Air Farce	22 Minutes	Rocky **** (1976, Drama) Sylvester Stallone.	Deadliest Warrior (HDTV)	Cities of the Underworld	Stargate SG-1 (DVS)	The Verdict *** (1982, Drama) Paul Newman, Charlotte Rampling.	Restaurant
	626 547 41 COM	Just for Laughs	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffè	The O.C. "The Rivals"	UR11	MTV Live
	- 539 42 TCM	(6) Hoosiers (1986)	Deadliest Warrior (HDTV)	Cities of the Underworld	Stargate SG-1 (DVS)	The Verdict *** (1982, Drama) Paul Newman, Charlotte Rampling.	Newman, Charlotte Rampling.	Restaurant		
	628 584 43 SPIKE	Greatest Tank Battles	Deadliest Warrior (HDTV)	Cities of the Underworld	Stargate SG-1 (DVS)	The Verdict *** (1982, Drama) Paul Newman, Charlotte Rampling.	Newman, Charlotte Rampling.	Restaurant		
cable variety	522 516 45 HIST	The Listener (DVS)	Deadliest Warrior (HDTV)	Cities of the Underworld	Stargate SG-1 (DVS)	The Verdict *** (1982, Drama) Paul Newman, Charlotte Rampling.	Newman, Charlotte Rampling.	Restaurant		
	627 528 46SPACE	(6) The Man in the Iron Mask ** (1938, Adventure)	Deadliest Warrior (HDTV)	Cities of the Underworld	Stargate SG-1 (DVS)	The Verdict *** (1982, Drama) Paul Newman, Charlotte Rampling.	Newman, Charlotte Rampling.	Restaurant		
	- - 47 AMC	Restaurant Makeover	Colin & Justin's Home Heist	Holmes on Homes	Wife Swap	Sarah's House	Genevieve	Design School		
	619 525 49 TROP	Sarah's House	Genevieve	Design School						
	504 580 50 HGTV	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	501 391 52 CTV	Squeeze Play	Medium	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffè	The O.C. "The Rivals"	UR11
	504 508 70 BNN	Medium	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffè	The O.C. "The Rivals"	UR11	MTV Live
	504 508 70 BNN	Medium	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffè	The O.C. "The Rivals"	UR11	MTV Live
	504 508 70 BNN	Medium	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffè	The O.C. "The Rivals"	UR11	MTV Live
	504 508 70 BNN	Medium	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffè	The O.C. "The Rivals"	UR11	MTV Live

critics' corner

One Night Only: Rod Stewart Live at Royal Albert Hall

The title says it all. OK, maybe not all, as it doesn't tell you that Stewart has several special guests joining him onstage in this new concert special, including Chrissie Hynde, Jeff Beck and Ronnie Wood. The set list includes such familiar Stewart favorites as "Hot Legs," "Maggie May" and "Stay With Me." 7 PM on BRAVO



Wipeout

Twelve couples on a first date take on the obstacle course in hopes of winning \$100,000 as the goofy competition series returns for a third season with a special two-hour episode. New obstacles featured this season include Overdrive, Bruiseball and Love Handles Fling Set. John Anderson, John Henson and Jill Wagner are the hosts. 9 PM on KXLY

NCIS: Los Angeles

After receiving an alert that an agent is in danger, the members of the NCIS team rush to a crime scene where they discover that it's one of their own who is in peril in "Missing." Chris O'Donnell, LL Cool J, Linda Hunt, Peter Cambor and Daniela Ruah star. 10 PM on KREM



Aiken demonstrates the passive-aggressive method of trying to get on Glee
While stars like Neil Patrick Harris and Molly Shannon have been lining up for guest spots on Glee, Clay Aiken claims he's not that interested. "I've never seen it," he tells Popeater. "My television is typically tuned to CNN." **METRO NEWS SERVICES**

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN isn't partying like she used to, **BRETT RATNER** has a very specific wish list, **STEPHEN FRY** knows where the real party is, and **SARAH SILVERMAN** wants some answers.

@lindsaylohan i'm with 2 friends now, one just left & we're watching "the stranger beside me" w/tiffani-amber thiessen & eric close-it is NOT a PG film!

@BrettRatner Actors I want to work with: Ted Levine, F. Murray Abraham, Danny Huston, Gong Li, Mickey Rourke.

@stephenfry I shouldn't say so, but some of the most interesting people at this party are those crowded outside on the pavement smoking @SarahSilverman What's the plan with underwater cities? Are we getting them?

METRO
NEWS
SERVICES



Battle brewing over Hopper's estate

LET'S HOPE THERE'S A SPEEDY RESOLUTION. TOO SOON? (IT WAS BETWEEN THAT AND AN EQUALLY BAD EASY RIDER REFERENCE) A potential war is brewing over Dennis Hopper's estate, now that the iconic actor has passed away, according to TMZ. He had been trying to divorce his fifth wife, Victoria Hopper, since January, but the divorce was

not finalized before his death. Under the conditions of their prenuptial agreement, Victoria is entitled to 25 percent of Dennis' estate as well as a



\$250,000 US life insurance payout if they were married and living together at the time of his death, according to the website. Dennis' lawyer plans to argue that since she was on the same property but staying in a separate house, she was not in fact living with him. "She said she would challenge it, and I fully expect her to do so."

METRO WORLD NEWS

Gaga calls the ghostbusters

UNFORTUNATELY, THE MACHINERY WENT CRAZY WHEN IT GOT NEAR HER COSTUME RACK, STARTED SMOKING, AND MELTED INTO A VISCOUS GOO Lady Gaga is apparently so afraid of spirits from beyond the grave that she's spent more than \$4,000 US on

ghost-detecting equipment to sweep the backstage area at London's O2 Arena before she show there Sunday, according to the Mirror. Allegedly telling assistants she is terrified of "bad energy," Gaga instructed them to purchase the equipment from a local ghost-busting firm.

METRO WORLD NEWS



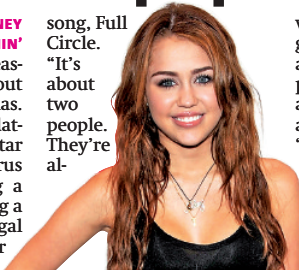
Cyrus stirs up speculation

AND THE COGS IN THE DISNEY MACHINE KEEP A-SPINNIN' Miley Cyrus can't stop teasing fans with details about her past with Nick Jonas. Though she's happily dating her Last Song co-star Liam Hemsworth, Cyrus couldn't help dropping a reference to Jonas during a recent concert in Portugal while introducing her

song, Full Circle. "It's about two people. They're al-

ways gonna come back together no matter what anyone says or the bad people that try to keep you apart," she told the crowd, according to Just Jared. "Surprise surprise, it's about a Jonas brother — You didn't hear that."

METRO
WORLD
NEWS



Duchess disses Saudi prince

A MODEL OF INTERNATIONAL DIPLOMACY Disgraced royal Sarah Ferguson is in desperate need of money, but apparently she's not that desperate, as she turned down an offer of \$4.3 million US from a Saudi prince, according to her biographer, Allan Starkie. "I introduced her

to a member of the Saudi royal family who was willing to pay (her debt) off completely," Starkie tells Page Six. "I arranged for Sarah to visit him. He met her alone, clad in flowing robes and a lascivious grin. When he tried to kiss her, she fled home and quickly called me."

METRO WORLD NEWS



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WRITTEN BY KATHY LEE
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MUSIC BY DAVID JULYAN
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DIRECTED BY TIM BURTON

Visit Disney.com/Wonderland

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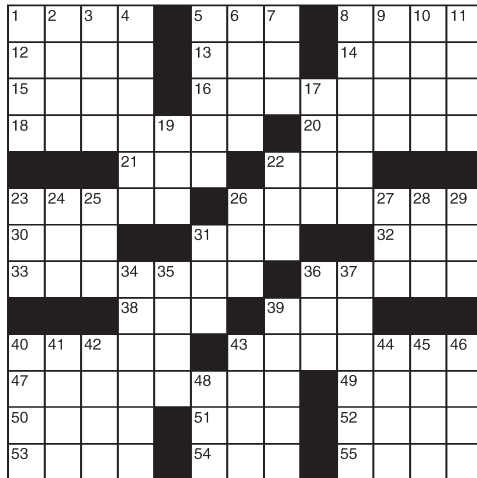




Andrew Schultz, Meteorologist - Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 Burn
- 5 Toward the stern
- 8 Untalkative sort
- 12 Corporate illustration
- 13 Society-page word
- 14 Traditional stories
- 15 Leave out
- 16 French officer
- 18 Polite
- 20 Dada artist
- 21 Conger, for one
- 22 Tibetan beast
- 23 Mettle
- 26 First book of the Bible
- 30 Melody
- 31 Dine
- 32 Sort
- 33 Sexes
- 36 Defile
- 38 Ram's mate
- 39 Hamburger holder
- 40 Bracelet site
- 43 Authentic
- 47 Not at all

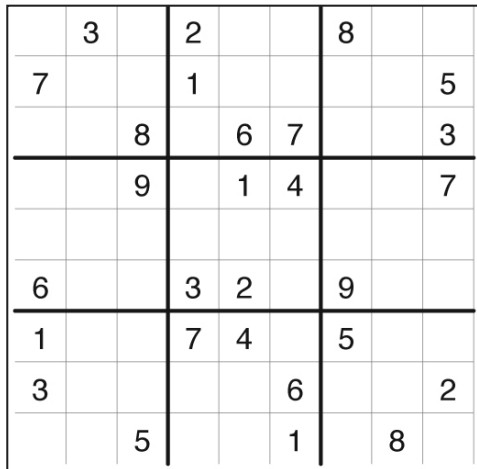
DOWN

- 1 Stop up
- 2 Base-runner's goal
- 3 Not "fer"
- 4 Putrid
- 5 Christmas tree topper, maybe
- 6 Sense
- 7 X on a sundial
- 8 "2001: A Space Odyssey" author
- 9 Forsaken
- 10 Weaponry
- 11 Encounter
- 17 College VIP
- 19 "A mouse!"
- 22 Still
- 23 Droop
- 24 Chart format
- 25 Coffee shop
- vessel
- 26 Petrol
- 27 Part of RSVP
- 28 Under the weather
- 29 Firmament
- 31 Prior to
- 34 Take out of context?
- 35 Basin accessory
- 36 Baltimore newspaper
- 37 Still in the packaging
- 39 Under siege
- 40 Taj Mahal city
- 41 Night light?
- 42 Entanglement
- 43 Mentor
- 44 — European
- 45 Run-down horses
- 46 Duel tool
- 48 Rowing need

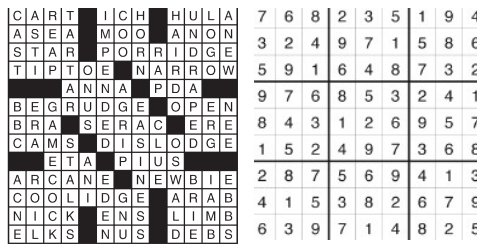
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Corn Country Croquettes

INGREDIENTS:

- 6 large hard-boiled eggs
- 284 ml can cream-style corn
- 1/3 cup all-purpose flour
- 1/2 tsp onion powder
- 1/4 tsp each salt and pepper
- 1/4 cup 1% milk
- 2 tbsp minced parsley
- 1 cup seasoned fine dry bread crumbs
- 2 large eggs, lightly beaten
- 2 tbsp canola oil

METHOD:

1. Halve eggs. Discard 3 yolks. Finely chop remaining yolks and all egg whites; set aside. In small pot, combine corn, flour, onion powder, salt and pepper. Stir in milk. Cook, stirring, 5 minutes or until thickened.
2. Pour mixture into large bowl. Stir in eggs and parsley. Cover and refrigerate 1 hour.
3. Preheat oven to 300°F

(150°C). Spread bread crumbs on plate. In shallow bowl, place beaten eggs. Carefully drop about 1/4 cup chilled corn mixture onto crumbs. Shape into 1-cm-thick patty. Coat patty with bread crumbs, then with beaten eggs, and again with crumbs. Repeat for 8 patties.

4. In 25-cm skillet, heat 1 tbsp oil over moderately high heat. Add 4 patties and cook 8 minutes or until golden, turning frequently. Transfer to baking sheet, cover with foil, and place in oven to keep warm. Repeat with remaining oil and remaining patties.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
No matter how you manage to shock or offend today no one will be able to deny that you are speaking the truth as you see it.



TAURUS
APRIL 21-MAY 21
You'll be amazed by some of the ideas and images that dance through your head over the next 24 hours.



LIBRA
SEPT 23-OCT 23
Someone you thought you knew everything about will turn out to be more unusual than you suspected. Try not to be too judgmental.



SCORPIO
OCT 24-NOV 22
Even if you are the kind of Scorpio who only feels safe in familiar surroundings, you will be tempted by an exciting new offer.



GEMINI
MAY 22-JUNE 21
Chances are you will upset someone who represents all the things you dislike about the way the world is run. Someone has to rock the boat a little.



SAGITTARIUS
NOV 23-DEC 21
Don't waste time discussing what you intend to do with other people because they will only try to make you change your mind.



CANCER
JUNE 22-JULY 22
Every fiber of your being is telling you to do something dramatic but, admit it, you're a little bit afraid. Have faith in your intuition.



CAPRICORN
DEC 22-JAN 20
Why is it so hard to accept that a loved one has ideas of their own? You don't have to agree on everything. Have you not heard that opposites attract?



LEO
JULY 23-AUG 23
You may be in one of your more outrageous moods at the moment, but remember that if you strike too radical a pose you will have to live up to it.



AQUARIUS
JAN 21-FEB 18
What happens tomorrow, and the day and the week and the month after that, depends on the decisions you make over the next few hours.



VIRGO
AUG 24-SEPT 22
You will learn something about yourself today, something you have conveniently managed to overlook for quite some time.



PISCES
FEB 19-MARCH 20
Because you are sensitive by nature it comes as a surprise to some people when you act tough or refuse to back down.



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